

DISTRICT 45 TOASTMASTERS NEWSLETTER
CAN-AM LINK



DISTINGUISHED CLUB PROGRAM

Have you heard of the Distinguished Performance Report? Do you understand it? Do you know how you contribute to it as a member in your club?

I have heard members say, "it's all about numbers"or "we don't follow it."

I personally like to look at it as a guide to how well my club is doing. When you look at the various categories on the Distinguished Performance Report, it focuses on education, recruitment, training, and administration. There are

administration. There are benchmarks to hit to receive a point and if you achieve five or more points by June 30th and meet the membership base number, you will receive recognition of achieving Distinguished status (or above).

Even if your club decides to not actively follow the metrics of the report, looking at it will help you understand how your club is doing. If you club and members are actively working the Toastmasters program, the report will automatically work and show your success. (cont)

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There are two important sections for you and your members to focus on for May and June.

1. **Educational goals** – are your members delivering Pathways speeches and completing their progress in Basecamp? If they are, your report should show that your club has educational goals (provided the achievements have been submitted in club central). If you look at the Distinguished Performance Report and your club has zero educational goals, this is something to explore.
2. **Membership goals** – as we work through the Toastmaster year, we should be adding new members to our club. When a new member is added, this is automatically reflected on the Distinguished Performance Report. To achieve points, your club must recruit 4 new members for a point and then 4 more members for an additional point.



The Distinguished Performance Report is a guide to help you understand how your club is performing according to Toastmasters International standards. Your club's performance contributes to the success of the Area, which contributes to the success of the Division, which in turn contributes to the success of the District. Together, we can be successful, and it all starts with YOU!

(continued from page 1)

For the 2022-2023 year, your Area, Division and District leaders have committed to being successful. To achieve recognition, we need your help. Here is what we as a team are striving for:

Hitting these goals is possible – together, we can achieve Distinguished status. To see how your club is doing, check out the dashboard:

<http://dashboards.toastmasters.org/District.aspx?id=45>

If you need help understanding the report, reach out to us! If you have Pathways levels completed, get them submitted! Promote your club and build your membership! We have two months left and now is the time to really focus on your journey and the success of your club!

2022-2023 GOALS

Paid clubs: 88
Status as of April 23rd - 76

Membership payments: 2650
(membership payments are calculated by dues period, so if you paid October dues and April dues, which would count as 2)

Status as of April 23rd - 2357

Distinguished clubs: 36
Status as of April 23rd - 12



District Incentive

Clubs that achieve any level of Distinguished Status by June 30, 2023 will be entered into a draw for a prize of the equivalent of \$150 US



PAUL HARRIS FELLOWSHIP RECIPIENT 2023

CARL DIUVENVOORDEN

By Kathi Zwicker

Carl was one of the first Canadians trained by former US Vice President Al Gore to present live versions of the Academy Award winning slideshow “An Inconvenient Truth” to over 400 audiences and 50,000 people across the Atlantic region. He has helped people and organizations learn about the environment, climate change and how to conserve energy. Carl cares deeply about the global environment and believes climate change can be solved. He has co-ordinated many community, roadside clean ups, beach clean-ups, participated in electric vehicle promotional events and hosted solar open house events.

He has volunteered his time with the Fredericton Direct Charge Co-op serving as a Director, Corporate Secretary and committee chair. Since 1981, he has participated in the annual Terry Fox Run and also donated blood over 160 times.

The Fredericton Area Rotary Clubs will recognize Carl's service above self by naming him a Paul Harris Fellow, a special recognition Rotary International has for individuals who have made significant contributions to their community.



Century of Service Gala

Come join the Fredericton Area Rotary Clubs (Rotary Club of Fredericton Sunrise, Fredericton North Rotary, Hanwell Rotary, and Oromocto Rotary) at their Century of Service Gala as they present Carl and 9 other outstanding citizens from our community with Paul Harris Fellowships.

May 11, 2023
5:15 pm
Fredericton Inn, Fredericton, NB
Tickets \$125



For tickets, click here: <https://tinyurl.com/5a8c97hf>



TLI's are just around the corner. It is not too early to mark your calendar.

TLI WHAT IS IT? WHY SHOULD I ATTEND?

Toastmaster Leadership Institutes happen twice each year in January and June. It is FREE training for all Toastmaster club officers. When four or more club officers attend all 5 sessions clubs get credit towards the Distinguished Club Program, but more importantly having trained club officers leads to member and club success.

Session 1 & 2

- June 12
- June 20
- August 28

Session 3, 4 & 5

- June 14
- June 22
- August 30

TLIs are filled with valuable information specifically curated to help club officers plan and implement successful club meetings, help members achieve their goals, and maintain healthy thriving clubs.

The upcoming TLIs are built around SUCCESS. They will include information on how to succeed in your club officer role, how to run successful meetings, pathway success, planning for success and more! Attending TLIs increases excitement for club meetings, offers us new ideas to try in our clubs, and builds knowledge to ensure quality meetings and member achievement.

<https://d45toastmasters.org/tlis>



**TLI's are not just
for club officers**

**Any member
can attend!**



Possibilities with **PATHWAYS** learning sessions

[HTTP://D45TOASTMASTERS.ORG](http://D45TOASTMASTERS.ORG)

On April 17 th “Possibilities with Pathways” wrapped up another Toastmaster year. Due to the many Toastmaster events and happenings in May and June the committee has cancelled those meetings. We had a good year filled with presentations to help you select your path, pick topics for speeches, the new speech craft, handling perfection paralysis and culminated with a great presentation by Sandra Savage which fit our name perfectly. She talked about using Pathways as a tool to achieve your goals

whether it be writing a book, getting a new job or some other wonderful thing you wanted to accomplish. All these sessions have been recorded. We had two guest speakers this year—Heather Turner who talked about her experience with the new digital Speech Craft, and Sandra Savage who presented “Pathways, Your Way – with Purpose.

DID YOU MISS THE LAST POSSIBILITIES WITH PATHWAYS SESSION?

It is Now Available On Demand



A Message from the Possibilities with Pathways Committee Chair

I want to thank Heather and Sandra for contributing their time and expertise. Thank you to Tom Macisso and Crystal Cobb for helping us run the meetings and being there when we needed you. I especially want to thank John Blumsum and Michael Lawlor for all their hard work in putting the presentations together. Their dedication to making pathways a success is very appreciated.

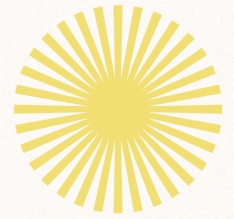
Finally, a thank you to those of you who showed up each month and supported us.

Sincerely,
Casey Jenkins, Possibility with Pathways Committee Chair

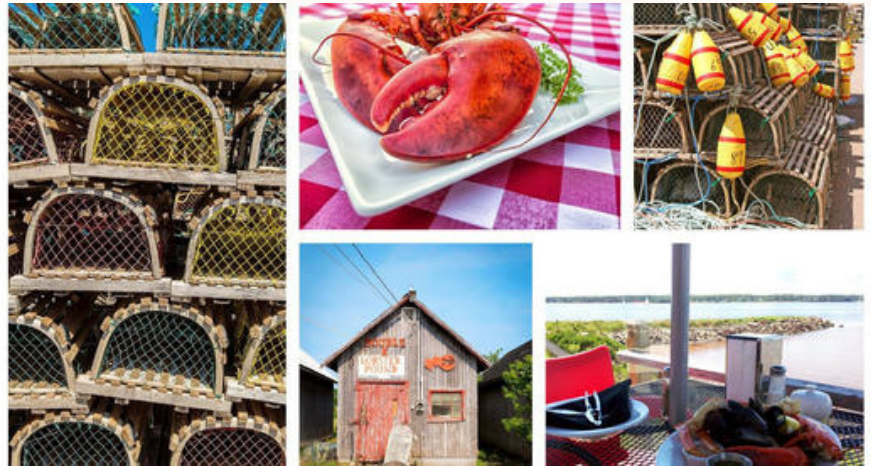


annual conference 2023

SEE YOU IN PEI



Our District 45 conference will be here in just 25 short days! Are you excited and looking forward to it?? We are! Join us in beautiful Prince Edward Island May 26-28, 2023, where we will be celebrating successes with you! The conference is an opportunity to meet friends you haven't seen in a few years, make new friends, listen to motivational and educational speeches and create long lasting connections and friendships.

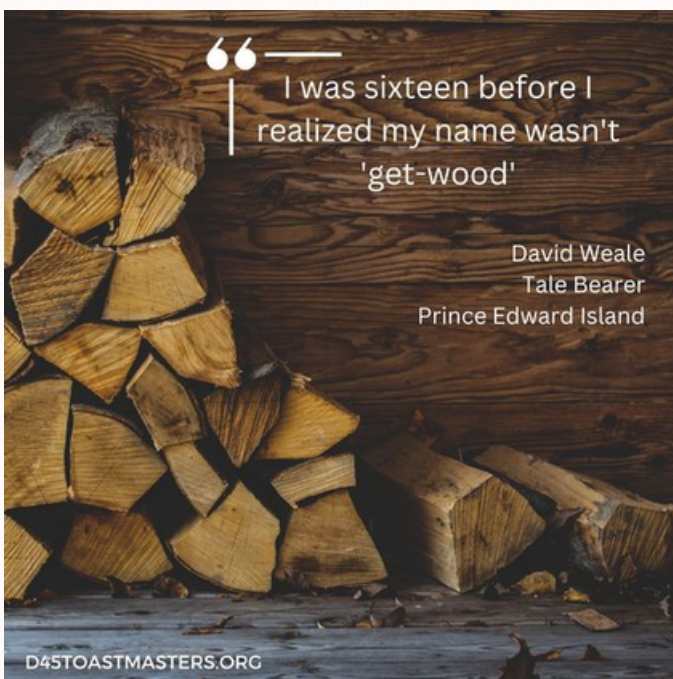


Events kick off on Friday evening at 6 pm AT with an event for first-time attendees of an in-person District 45 conference. Even if you have been a Toastmaster for a couple of years, if it's your first in-person conference, check out the first-timer's event where we will explain who's who in District 45, what to expect during the conference, and participate in fun activities. We then move on to the opening ceremony, followed by the Humorous Speech Contest and hospitality. Saturday morning starts bright and early! The restaurant at the hotel opens for breakfast at 7 am. A series of educational presentations will take most of the morning, followed by a networking lunch and awards session, the fun-filled District Council meeting where you get to choose the leaders for 2023-2024 District year, the inspirational International Speech Contest, banquet dinner and awards and the return of the in-person dance and hospitality! Sunday morning showcases one of our most valued skilled learned in Toastmasters with the Evaluation Speech contest and highlights our incoming 2023 - 2024 District team.

CONFERENCE TICKET SALES CLOSE MAY 12 MIDNIGHT

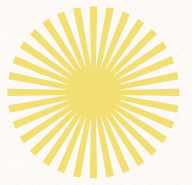
For those unable to attend the conference this year, the District Council meeting and three speech contests will be available via Zoom.

Visit the [District 45 conference webpage now](#) to save a seat and book your hotel room. Keep watching the conference page for updates and dial-in information.



annual conference 2023

SEE YOU IN PEI



Meet the candidates during a Candidates Showcase online May 19, 2023

@d45toastmasters.org

CONNECT WITH DISTRICT LEADERSHIP CANDIDATES

  | DISTRICT
45

ELECTION: 27 MAY 2023
AT THE ANNUAL CONFERENCE

CANDIDATE BIOS ONLINE

"I am the baby of fifteen children,
so I was an aunt before I was even born."

David Weale
Overheard on the Island
Prince Edward Island



D45TOASTMASTERS.ORG

Congratulations to a new DTM

Crystal Cobb

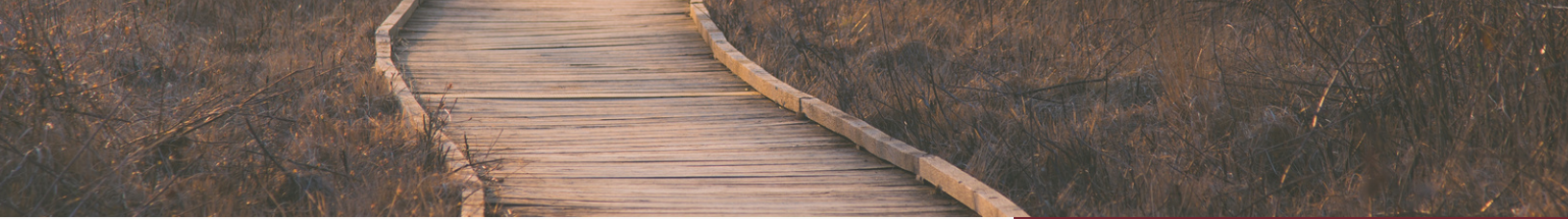
I am celebrating! I can now write DTM after my name instead of the list of Pathways level achievements, as it was starting to get out of hand!

I joined Toastmasters in May 2016 and embraced everything this organization has to offer. I am a charter member of the Charlottetown Toastmasters Breakfast Club in Charlottetown, Prince Edward Island and have served most roles on the executive at the club level. As I started to gain confidence in myself, I started venturing outside of the club taking on District leadership roles. I am pleased to say I have served as Area 17 Director, Division E Director, D45 Administration Manager, D45 Public Relations Manager, D45 Program Quality Director and

currently hold the role of District 45 Director. These roles have given me the opportunity to step outside my comfort zone, serve, lead, and engage with members across the district. I successfully coached a club and recently hosted a Youth Leadership program online where I watched youth who were shy and reserved, come out of their shell and shine.

As I celebrate this major achievement in my Toastmasters journey, I know it would not be possible without the encouragement from many of you and the support I have received over the years – THANK YOU! I know that my dear friends Norma and Darlene are celebrating my success and understand the impact they had on my journey. Xo





Congratulations to a new DTM

ANNE DOUCETTE, DTM

Anne Doucette joined Toastmasters as part of Speechcraft offered at her work, in September 2016. She joined at the suggestion of her manager in order to help her gain confidence in her leadership and speaking skills. She joined the Charlottetown Toastmasters Club in January 2017 and became a charter member when the club chartered in September 2017.



Anne has been an Area Director, Division Director and Public Relations Manager for District 45. She is currently a member of three clubs: President of Spotlight Toastmasters Club (an Advanced club), Vice President Education of Riverview Canusa and member of the Charlottetown Toastmasters Breakfast Club. She is co-chair of the District 45 2023 conference and is looking forward to welcoming you to Charlottetown, Prince Edward Island.

She is proficient in 5 Paths and is working on 3 others paths. Her Toastmasters journey has always been about challenging herself and pushing past her comfort zone. She enjoys helping fellow Toastmasters push past their comfort zone and become better leaders and communicators.

"Challenge yourself and push past your comfort zone"

ANNE DOUCETTE

WOULD YOU LIKE TO IMPROVE YOUR PUBLIC SPEAKING SKILLS?



CHARLOTTETOWN TOASTMASTERS BREAKFAST CLUB

"I JOINED TOASTMASTERS IN SEPTEMBER 2016 AND AM SO GLAD I DID! I AM LEARNING SO MUCH AND HAVE IMPROVED MY SPEAKING, LISTENING AND LEADERSHIP SKILLS. WHAT I REALLY ENJOY ABOUT TOASTMASTERS IS BEING WITH THE FRIENDLY, SUPPORTIVE AND ENCOURAGING MEMBERS WATCHING THEM LEARN AND GROW RIGHT ALONG WITH ME"

ANNE DOUCETTE

ALIGNMENT COMMITTEE REPORT

Realignment committees are tasked with assessing each division and recommending changes to better serve clubs and area directors. Several factors were considered when recommending alignment changes. These included geographic proximity to other clubs, availability of an Area Director to effectively provide service, prospective clubs and other expected growth.

This realignment sees

- 1) The merger of Divisions A and G and eliminating one Area and moving some clubs to different Areas. There will be 5 Areas in the new Division A.
- 2) The placement of Exeter and Winning Speakers from Division A to Division B and reinstating Area 10 while eliminating Area 24.
- 3) The relocation of some clubs in Division C to different Areas and eliminating Area 19. Memorial University club in Newfoundland and Labrador added to Area 17.

This alignment is for the coming year only and will take effect after July 1st, 2023. We should anticipate changes in future years we accommodate new clubs and the possible loss of existing clubs in various parts of the District.

KEY CONSIDERATIONS

- AT LEAST 3 DIRECTORS / DIVISION
- BETWEEN 4-6 CLUBS / AREA
- GEOGRAPHY
- POSSIBLE GROWTH & LOSS OF CLUBS
- CHANGES ANTICIPATED
- FOCUS ON BENEFITS FOR ALL CLUBS AND MEMBERS

View the full Alignment Committee Report:
<https://d45toastmasters.org/districtcouncil>

NEW TO D45 - TV THIS MONTH



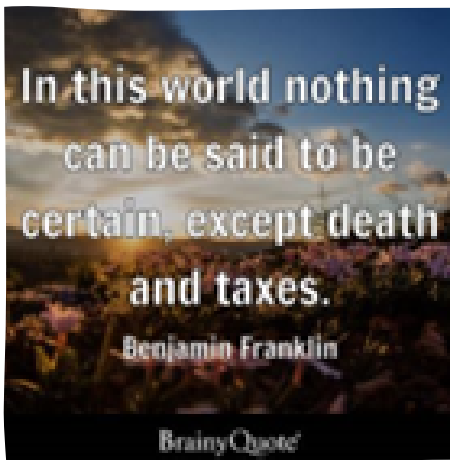
5 Tips towards club Success using Facebook, Lesley Carter

5 Stars to a contest winning speech, Joe Grondin

Kick up your club meetings, Sam Boduch and Roxanne Benzel

How to use Pathways as a tool to achieving your goals, Sandra Savage

DIVISION D NEWS



If you're rich or poor enough, even taxes may not be inevitable. Death is. Michael Thompson spoke about this in his speech, Inevitable, presented at a recent Toast of the Coast meeting. He entertained the members with some of the song And When I Die by Blood, Sweat and Tears. While we may all have a foreboding about death, it didn't stop the meetings from providing suggestions for improvement through their usual detailed and highly effective round-table evaluation.



Creatively Speaking Halifax congratulates Alan Idler, DTM for receiving the member sponsor pin for sponsoring 5 new members. The club has enough points for Select Distinguished Club status and will have sufficient members by May 1 to achieve the designation. With the continued efforts of Alan, we are sure we will manage to go above and beyond the required number for Select Distinguished Club.

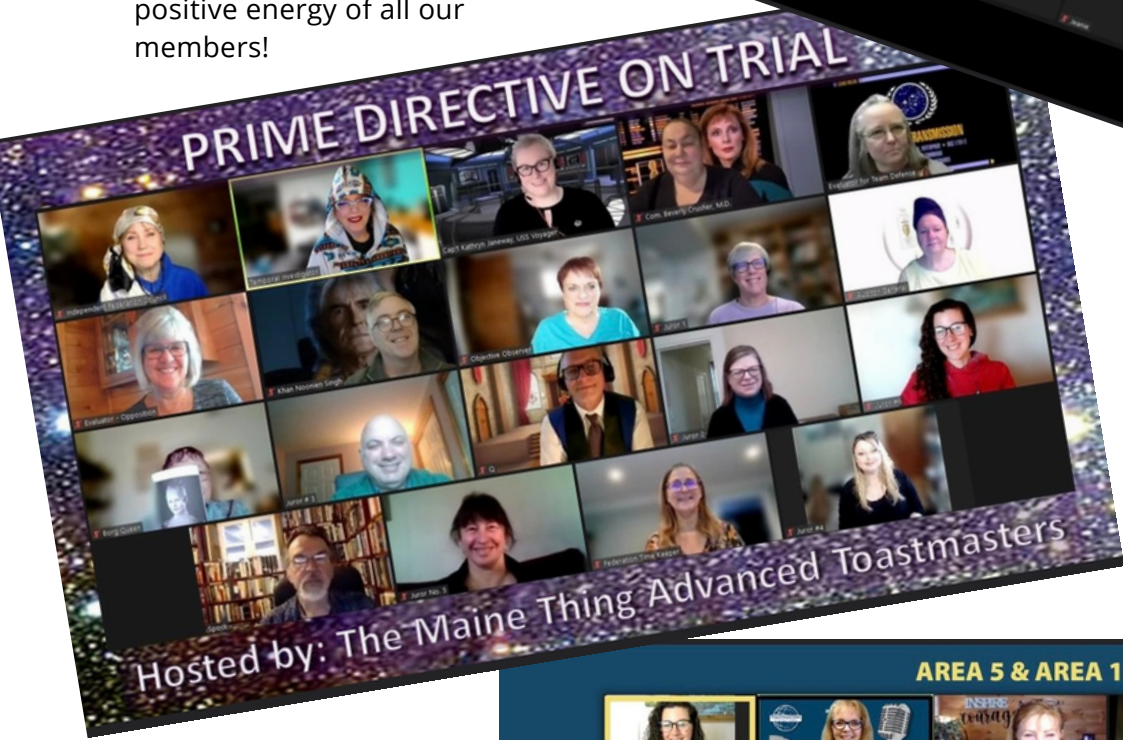


Schooner Toastmasters is proud of our future member 😊 Damini Awoyiga for her excellent performance in her school's production of Little Mermaid. Damini played several roles in the production and shone in all of them. Singing and acting are just two of Damini's many skills. She is also an accomplished poet.



div b area 14

Area 14 is excited for the upcoming District Contest as we had a great time within our club preparing and participating in the area and division contests! We also had a fun event hosted by The Maine Thing Advanced titled Prime Directive in Trial. We are encouraged by our guests and new members engaging and the continuous positive energy of all our members!



YOUTH LEADERSHIP PROGRAM

DIV C

What an honor to work with the Kensington Pathfinders/Rangers and leaders in completing the Toastmaster Youth Leadership Program.

Certificates were presented April 6th with Horace Crozier DTM. Congratulations to all.

Deborah Mitton Spence



Concord Toastmasters Members Enjoy fun and achievements!

Another great day for Concord Toastmasters!

Round Robin Achievements go to Rick Dymont and Jon Kelly who achieved filling each role on the agenda during the same Toastmaster year! Congratulations.

Concord Toastmasters sprang into April with its Tall Tales Club Contest led by contest chair Sarah Chaffee!

Six members competed sharing their amazing Tall Tales!



Club President Dale Randall welcomes its newest member Magalie Lawrence with an induction ceremony during the last meeting in March.



Picture left to right: Dale Randall, Paul Coddington (1st place), Jon Kelly, Cary Gladstone, Magalie Lawrence (3rd place) and Betsy Black (2nd place). A special shout out to our newest member Magalie Lawrence, who not only competed in the Tall Tales contest, but did it with presenting her Icebreaker!

DIV A

DIVISION A SPRING CONTEST NEWS



The division held two area contests. Area 12 & 16 teamed up to hold their International Speech and Speech Evaluation contest on March 30th. Area 7 held its International Speech and Speech Evaluation Contests on April 1st.

Best of luck to all in the upcoming Division Contests.

Congratulations to all who showed the courage to participate. Thank you to all the volunteers that made each of the contests possible and a success. Shout out to Brian R for organizing the Area 7 contests and bringing everyone together. Shout out to Chief Judges, Deb K and Adam B and all the voting judges who shall remain anonymous.

Shout out to the timers and ballot counters who ensured the contest's integrity. Last and indeed a necessity, shout out to all the guests in the audience. Thank you all!

Two award certificates are displayed vertically. The top certificate is for the "Division A Evaluation Speech Contest" and the bottom is for the "Division A International Speech Contest". Both certificates feature a maroon circle with a white upward-pointing arrow on the left side. The text on each certificate lists "Area Winners Leveling up to the Division" and provides names of winners in a light blue font.

Division A
Evaluation Speech Contest

Area Winners
Leveling up to the
Division

Jon K Dan W
Amy I Walter S
Dale R Debbie R

Division A
International Speech Contest

Area Winners
Leveling up to the
Division

Alex C Dan W
Cary G Walter S
Linda M

**THE BEST PART OF
COMPETITION IS THAT
THROUGH IT WE DISCOVER
WHAT WE ARE CAPABLE
OF - AND HOW MUCH MORE
WE CAN ACTUALLY DO THAN
WE EVER BELIEVED POSSIBLE**

@LIFEISWORTHCOMPETINGFOR

Mount Washington Valley Toastmasters

Hello from Mount Washington Valley Toastmasters! We are resting through our not-so-muddy mud season, watching the snow melt as we prepare our gardens, gravel driveways, golf clubs, and speeches for the spring and summer seasons!

As spring blossomed, so did our membership as we had a few former Toastmasters (from our club and others) join us for a meeting! We are happy to have them, and they give such great perspective! One tip we embraced this month was introducing everyone in the room. As a hybrid club, we go around the room and introduce ourselves so our zoom attendees know who is in the room, and vice versa.

We also found it helpful for our timer to list the table topics speakers and subjects, and dole them out with everyone's speech times. It was a great way to summarize the topics and help everyone remember who was who at voting time, especially when hosting guests and new members.

As for accomplishments, member and club President Amy Imdieke is headed to the Division A Evaluation Contest! We wish her luck and will be cheering her on! Also, our VP-Education Deb Kumpf completed her time in District service this year, as a member of the District Leadership Committee. Well done!

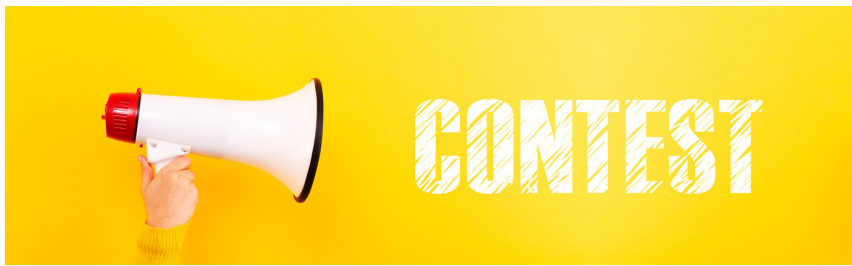


DIV G - AREA 8 NEWS



On March 18, Area 8 hosted an evaluations contest that showcased an inspiring test speech "The Report Card" by Alan Idler and masterful evaluations. The area is lucky to have these exemplary evaluators as models: first place winner M.E. Lawlor of Green Mountain Toastmasters and second-place winner Warren Coolidge of Champ Masters.

We are so proud!



	International Speech	Evaluation Contest
DIV A	3RD - Aanchal Gupta 2ND - Dan Wilson 1ST - Walter Smith	3RD - Nidhi Gupta 2ND - Dan Wilson 1ST - Walter Smith
DIV B	3RD - David Phillips 2ND - Bill Bruns 1ST - Melissa Hartz	2ND - Greta Heimgartner 1ST - Tom Macisso
DIV C	3RD - Sue Flower 2ND - Scot de Jong 1ST - David Cormier	2ND - Claudette Joseph 1ST - Stephane Parent
DIV D	3RD - Karins Sanford 2ND - Pretty Philip 1ST - Susan Lawrence	2ND - Marsha Greenan 1ST - Akintunde Odeniyi
DIV G	2ND - Sheila Oranch 1ST - Michelle Pehler McCormick	3RD - Kristen Gould 2ND - Iva Roger de Coverley 1ST - M.E. Lawlor

DISTRICT 45
Division C

WINNERS!
International Speech Contests

INTERNATIONAL SPEECH 3RD PLACE	INTERNATIONAL SPEECH 1ST PLACE	INTERNATIONAL SPEECH 2ND PLACE
SUE FLOWER	DAVID CORMIER	SCOT DE JONG

CONGRATULATIONS!

DISTRICT 45
Division C

WINNERS!
Evaluation Speech Contests

EVALUATION SPEECH 1ST PLACE	EVALUATION SPEECH 2ND PLACE
STEPHANE PARENT	CLAUDETTE JOSEPH

CONGRATULATIONS!

Whether you are an existing leader, an incoming leader, you want to be a leader in the future, or you just want to hear 3 interesting presentations by 3 outstanding Toastmasters then book your place right away! You can find the link on our D45 calendar: d45toastmasters.org

Region 9 Toastmasters
is delighted to bring you

3 Secrets for Leadership Success

Saturday May 13th
9:30am - 12:30pm ET/2:30pm - 5:30pm GMT+1

PIP, Ted Corcoran	PIP, Jim Kokocki	PID, Monique Levesque-Pharoah

Skills of Servant Leadership * Situational Leadership *
Manage Conflict before it Manages You

Registration: <https://bit.ly/3H6zTmD>



Angela Chute
for District Director

Developing Leaders who develop leaders is the premise Toastmasters was built on. Angela's passion for developing leaders is evident in the programs she has developed and the clubs of which she is a member. She is a firm believer in leading by example, building teams and collaboration; all of which makes a strong District. She will bring this experience and mindset to District Leadership.



Paul Coddington
for District Director

The upcoming year will be full of challenges, to be sure. The District needs a leader who can handle those challenges. Please ask your club President and Vice-President of Education to cast their ballots for me at the annual conference as the best person to lead our District in 2023-2024.



Dawna-Jean Turchon
for Program Quality Director

DJ is passionate about helping members see how connecting the dots in Toastmasters can help them reach their personal and/or professional goals. She believes that when members succeed, it benefits everyone - from the clubs to the areas, divisions, and ultimately the District.



Sherry MacDonald
for Club Growth Director

If elected, as Club Growth Director, I will focus on the members and their needs. Over the past few years District 45 has seen a decline in membership as well as a loss of clubs. I believe, with the recent announcement of the significant fee increase, our challenges are not over. We need to provide support to all clubs, giving them the tools they need to succeed and provide value for their members. Members who are receiving value will remain a Toastmaster and will assist their clubs in attracting new members.



Ivona Cookson
for Division B Director

I am excited to be nominated for the position of Division B Director for the 2022-2023 year and am SO excited to see the Division continue to succeed! I hope to encourage membership growth and retention by engaging in open houses, special events and social media advertising. I can't wait to see current members reach their goals and have fun in the process! Together we can soar!



Dave Stonehouse
for Division C Director

Dave seeks the position of Division C Director, aspiring to bring new energy and insights to help Area Directors and the clubs they serve reach new heights of achievement and success. The director position leverages his natural abilities and experience as a leader, mentor and coach.



Jenny Theriault
for Division C Director

My vision for Division D is to see members set, make progress toward, and achieve their goals. Member success happens with quality meetings and ensures healthy clubs. I am committed to supporting Area Directors and all Division D clubs to have a successful year of achieving goals.

Complete candidate profiles can be found on our District 45 website
<https://d45toastmasters.org/candidates-corner>



Elise Thorsen
for Division G Director

Being an Area Director stretched me beyond my comfort zone in skills related to team-building, delegation, and feedback to help clubs create quality experiences for members. Being a part of the Division G team helped, by setting clear expectations and making it easy to ask my colleagues for advice and plain old help in meeting those challenges. If entrusted as Division G Director, I want to foster that kind of team of new and returning leaders once more.



DISTRICT INCENTIVES

District 45 has incentive programs for several different activities all year long. The 3-month long Track Your Success (member version) ended March 31st, and the two-month long membership campaign “Talk Up Toastmasters” ended March 31st as well

During Talk Up Toastmasters, 184 new memberships in the District were paid at Toastmasters headquarters! Outstanding work by all the clubs...



Membership Incentive Feb-March

Club gains (1) or (2) new members during any of the three membership campaigns - receive an entry into a draw for the equivalent of \$50 US [three (3) winners].

Club gains (3) or (4) new members during any of the three TI membership campaigns - receive an entry into a draw for the equivalent of \$75 US [three (3) winners].

Club gains (5) or more new members during any of the three TI membership campaigns - receive an entry into a draw for the equivalent of \$100 US [three (3) winners].

Five or more members added:

- Fidelity Orators
- Exeter Speak-ups Club
- Civil Speakers Club

Three or four members added:

- Savvy Speakers
- Live, Speak or Die Toastmasters
- Bedford Basin Toastmasters

One or two members added:

- BrattleMasters
- Bangor Toastmasters Club
- White Mountain Toastmasters Club

Track Your Success - Member Version January-March

1st place – a gift basket worth \$150US
2nd place - a gift basket worth \$100US
4 individuals will be randomly drawn from the remaining entries for a gift basket worth \$50US each.

First Place:

Anne Doucette of Charlottetown,
Riverview Canusa and Spotlight
clubs

Second Place:

Cynthia Sarvai of Millyard and
Amoskeag Better Communicators
clubs

Runners-up:

Geraldine Smith of Premiere
Toastmasters
Deb Kumpf of Mount Washington
Valley Toastmasters
Dale Randall of Concord
Toastmasters



Upcoming incentives

Member Education Awards

Pathways Member 1:

Complete a first Level 1 in any path by June 30, 2023.
Entry into a monthly draw for a Travel Mug.

Pathways Member 2:

Complete Level 5 in any path by June 30, 2023.
Entry into a draw for a Director’s Notebook.

Pathways Mentor Program:

Complete the Mentorship Path by June 30, 2023
Mentor pin and recognition card

Beat the Clock Membership Incentives

The goal for your club is to earn the "Beat the Clock" award! Make this a contest in your club to encourage every member to get involved. Clubs adding five new, dual or reinstated members during May and June receive a "Beat the Clock" ribbon to display on the club's banner and in addition to the ribbon, the district is offering special incentives for qualifying clubs (see the [website](#) for more details)

BEAT THE CLOCK

CLUB GROWTH AWARD 2023

CAMPAIGN
PERIOD



MAY 1 - JUNE 30 2023

ADD 5 NEW / DUAL OR REINSTATED MEMBERS

D45TOASTMASTERS.ORG

▶ D45toastmasters.org

Dash to Distinguished

SPECIAL MAY MEMBERSHIP INCENTIVE

GRAND PRIZE
OWL DEVICE
CAMERA
MICROPHONE
SPEAKER
ALL IN ONE



KICK YOUR MEETINGS UP A NOTCH

dash to distinguished

MAY CLUB INCENTIVE

To be eligible: Add 5 members to your club roster between May 1-31st, 2023. For each 5 members added, your club name goes in the draw to win an Owl.

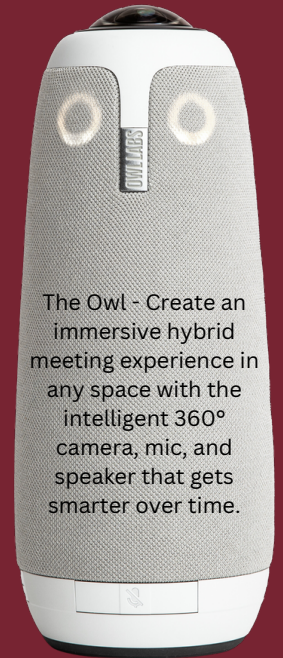
Prizes:

1st winner drawn: An Owl device - camera, microphone, speaker - all in one!

2 additional draws: Toastmasters Timing Light

Total winners: 3 clubs

Remember - add 5 members between May 1-31st and you will be entered to win!



Why Toastmasters Membership is Worth the Price Increase

LYNDA B. STARR, DTM, PDD, RA

There's been a bit of buzz lately about the \$15 per six-month renewal period price increase for Toastmasters membership. Toastmasters remains a cost-effective, beneficial, and enjoyable way to become a confident communicator and inspiring speaker or leader. I'd like to share my Toastmasters journey with you to see why I know this to be the case.

I joined Toastmasters 17 years ago, after a performance review pushed me to get help moderating my Q&A sessions. Never having suffered from the fear of public speaking, I thought I would join, earn a Competent Communicator designation, and leave after a year.

But I was surprised by what I gained in one year's time. Instead, of leaving I got hooked on leadership, taking district roles, chairmanships, and currently I'm serving as the Region 9 Advisor, 2023-2024.

The Toastmasters club is a learning laboratory filled with opportunities. You get to experiment with presentation skills, speaking styles, and leadership roles. You can take the many skills you learn e.g., time management, prioritization, being succinct, empathy, providing feedback, and goal setting outside of your club to your personal and professional life.

In addition to the technical skills received from being a member, there are additional benefits. A big one for me is that I've experienced friendship and community right here in Toastmasters.

Considering all of this, my take on the price increase is bring it on. There is simply no substitute for the Toastmasters experience. It's great to be a Toastmaster.

CLUB ANNIVERSARIES

Clubs celebrating any 5th anniversary of their club charter are recognized. Once a club has reached the half-century mark, every anniversary is included and celebrated. The following clubs are celebrating significant anniversaries in the month of May.

- Dartmouth Toastmasters Club - 60 years
- Concord Toastmasters Club - 35 years
- Confederation Club - 20 years
- Spotlight Toastmasters Club - 20 years
- Champ Masters - 10 years

MEMBER ANNIVERSARIES

Each month we will celebrate those members who celebrating an anniversary in that month. 5th, 10th, 15th etc. anniversaries will be recognized. The following are celebrating their anniversary in May.

Name	Club	# of Years
Denise Hache	Arcadie du Grand Caraquet	5
Ayodeji Randle	Charlottetown TM Breakfast Club	5
Lawrence Kelly	Dartmouth TM Club	5
Janice Pynn	East Coast Online Advanced Toastmasters	5
Janice Pynn	East Hants Toastmasters	5
Joseph Reid	White Mtn Toastmasters Club	5
Paula Hanley	Millyard Toastmasters	10
Phyllis Kirouac	Ecotoasters Club	10
Ann Walls	Concord Toastmasters Club	15
Casey Jenkins	Portsmouth Toastmasters	20
Wayne Turner	George Burton Club	20
Eric Jordan	Toast of the Coast TM Club	20
Wayne Turner	Bedford Basin TM	20
Donna Tasker	2211 Toastmasters	25
Donna Tasker	Blueberry Hill Club	25

PATHWAYS LEVELS THIS MONTH

Every month, members who have achieved designations Pathways are recognized. Some members, however, are not getting the recognition they deserve because of the privacy settings they have chosen. Get the recognition you deserve. Change your setting to this consent to YES

LEVEL 1 - MAY 2023

Name	Club	Designation
Crystal L. Cobb	Charlottetown Toastmasters Breakfast Club	MS1
Ivona Cookson	The Impediments	DL1
Anne Doucette	Spotlight Toastmasters Club	PM1
Huifeng Duan	3285 Cape Breton Toastmasters	PM1
Dayna R. Flumerfelt	North Country Toastmasters	VC1
Mary Gordius	MDI Toastmasters	PM1
Deborah Kumpf	Mt. Washington Valley Toastmasters	DL1
Wendy Marr	River Valley Toastmasters	VC1
Michelle L. (Pehler) McCormick	Rutland Area Toastmasters	DL1
Heather Perkins	Schooner Toastmasters Halifax	PM1
Raj H. Rawal	Champ Masters	PM1
Lisa W. Small	MDI Toastmasters	PM1
Michael Thompson	Schooner Toastmasters Halifax	MS1
Lawrence Wood	Keene Toastmasters Club	IP1

LEVEL 2 - MAY 2023

Name	Club	Designation
Jonathan C. Bohm	Dartmouth TIC Talkers Toastmasters Club	IP2
Crystal L. Cobb	Charlottetown Toastmasters Breakfast Club	MS2
Denise Colon	2211 Toastmasters	PI2
Mary Gaucher	Blueberry Hill Club	PM2
Hollee Howden	Exeter Speak-Ups Club	PM2
James M. Lawlor	Provincially Speaking Toastmasters	SR2
Michelle L. (Pehler) McCormick	Rutland Area Toastmasters	DL2
Melissa Miller	2211 Toastmasters	PI2
Veerendra Nagalla	Fredericton Toastmasters Club	VC2
Carol Niles	East Coast Online Advanced Toastmasters	VC2
Heather Perkins	Schooner Toastmasters Halifax	PM2
Marion P. Taylor	Rise and Shine Advanced Toastmasters	TC2
Dawna-Jean Turchon	Dirigo Leaders	EH2

LEVEL 3 - MAY 2023

Name	Club	Designation
Angela M. Chute	Kennebec Valley Toastmasters	MS3
Cynthia J. Sarvai	Millyard Toastmasters	IP3
Luke Stennick	Fredericton Toastmasters Club	EC3
Dawna-Jean Turchon	Kennebec Valley Toastmasters	EH3

LEVEL 4 - MAY 2023

Name	Club	Designation
Angela M. Chute	Kennebec Valley Toastmasters	MS4
Heather M. Fairchild	Pleasant Street Toastmasters	EC4
Geoff MacDonald	Sackville Club	PM4
Patricia A. Murray	3285 Cape Breton Toastmasters	PM4
Linda J. Ramrath	The Maine Thing Advanced Toastmasters Club	EH4
Cynthia J. Sarvai	Millyard Toastmasters	IP4
Lisa W. Small	MDI Toastmasters	LD4
David Stonehouse	Saint John Club	VC4

LEVEL 5 - MAY 2023

Name	Club	Designation
Angela M. Chute	Kennebec Valley Toastmasters	MS5
Kathleen Zwicker	Women Changemakers	LD5

DTM - MAY 2023

Name	Club	Designation
Crystal L. Cobb	Charlottetown Toastmasters Breakfast Club	DTM
Anne Doucette	Charlottetown Toastmasters Breakfast Club	DTM

THANK YOU NEWSLETTER HELPERS

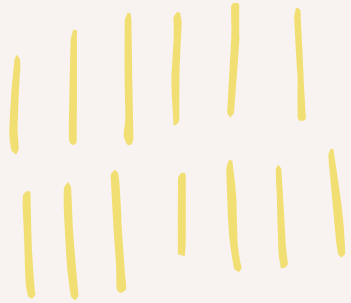
I want to thank all the amazing people who contributed to the newsletter this month. It was no small task.

Remember to send your stories to get in next months addition.

Thank you to Sarah Chaffee, Sarah Plowman, Crystal Cobb and Antoine LeGresley.

This month's newsletter was published using Canva. Let us know if you are interested in learning more about Canva or helping out on the newsletter.

New clubs



District 45 Toastmasters

Welcomes

The Merchants MotorMouths

Hooksett

Established April 25, 2023



DISTRICT CALENDAR

May

S	M	T	W	T	F	S
	1 BEAT THE CLOCK BEGINS	2	3	4	5	6
7	8	9	10	11	12	13 3 SECRETS FOR LEADERSHIP SUCCESS REGION 9
14	15 NEWSLETTER SUBMISSIONS DUE	16	17	18	19 ONLINE LEADERSHIP CANDIDATE SHOWCASE	20
21	22	23	24	25	26 ANNUAL CONFERENCE	27 ANNUAL CONFERENCE
28 ANNUAL CONFERENCE	29	30	31			
				<i>June</i>		
				1	2	3
4	5	6	7	8	9	10
11	12 TLI CLUB OFFICER TRAINING	13 VPE/VPM PEER CALL	14 TLI CLUB OFFICER TRAINING	15 NEWSLETTER SUBMISSIONS DUE	16	17
18 VPPR PEER CALL	19	20 TLI CLUB OFFICER TRAINING	21	22 TLI CLUB OFFICER TRAINING	23	24
25 YEAR END SOCIAL	26	27 PRESIDENT PEER CALL	28	29	30	

For updated events and times, go to the District Calendar at <https://d45toastmasters.org>